

Emotional Anniversaries



Anniversaries are very interesting events as they are extremely important to the human psyche. We often make an effort to remember not only the happy anniversary dates such as for weddings, births or important dates in history but also the anniversaries of natural disasters or other crisis. Interestingly, if we forget an unhappy anniversary, we tend to still experience some of the emotions surrounding the event without even knowing why.

Depending on the severity of the unhappy event, we can carry the feelings left from the event for a very long time. On these anniversaries, we should expect to re-experience the feelings though sometimes with less intensity and possibly with new insight than previously felt.

It may take more than one anniversary to come to terms with your past feelings but eventually by re-experiencing the reaction it will diminish with time.